THE INITIATION CODE WORKBOOK

A 4-Week Guide to Rebuilding from Essence to Your True Calling

FRISTY SATO

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The Initiation Code Workbook

A 4-Week Guide to Rebuilding from Essence to Your True Calling

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This workbook, "The Initiation Code Workbook" was created by Fristy Sato and is intended for educational and inspirational purposes only. It is not a substitute for professional medical, psychological, or financial advice. The content provided herein is based on spiritual and energetic principles and is designed to support personal growth and self-discovery in a structured manner.

While the practices and information shared can be profoundly transformative, individual results may vary. It is always recommended to consult with qualified professionals for any health or well-being concerns. By engaging with this material, you acknowledge that you are responsible for your own well-being and choices.

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A Note from Fristy

Welcome, beautiful soul who can no longer ignore her calling.

Fristy Sato here. For those who haven't met me yet—I'm a certified Life Coach in Neuro-Linguistic Programming, a Certified ThetaHealing® Practitioner, and a Certified Practitioner in Time Line Therapy®.

For years I believed achievement was the same as peace. I chased degrees, recognition, and a picture-perfect career abroad. On paper, I looked successful. Inside, I was exhausted and disconnected.

Through trauma-informed healing, inner-child work, and embodiment, I began leading from presence instead of perfection. That path became what I now call Divine Feminine Leadership—leading with intuition, clarity, and compassion, like a mother guiding life itself.

You are entering a powerful, often uncomfortable, phase: **The Initiation**. This is the sacred, messy space *between* the successful, old life you mastered and the expansive, authentic future you are meant to lead.

Most high-achieving women try to **"fix"** this in-between period, running faster to regain stability. But the deeper truth is: stability is not restored by fixing; it is restored by **transforming** what is already falling away.

This workbook is your guide to embracing the process of **unraveling and re-patterning**. We will help you stop performing for safety and start embodying the wholeness required to build a path that is finally and irrevocably *yours*.

- Leadership requires honesty, not effort.*

Yours in Initiation,

Fristy Sato | Divine Feminine Leadership Initiator
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Program Overview: The Journey to Wholeness

This 4-week journey is designed to transition you from the feeling of being lost in transition to the clarity of **Sovereign Emergence.**

Week	Theme	Core Focus	Key Outcome
1	The Unraveling	Making peace with the end of the old story and releasing outdated roles/identities.	Emotional permission to let go.
2	The Inner Resilience Audit	Meeting the Shadow—identifying unconscious fears (money, perfectionism) without judgment.	Anchored inner safety.
3	The Essence Blueprint	Re-learning how to lead from flow, softness, and magnetic feminine power.	Alignment in creation.
4	Sovereign Emergence	Integrating your whole self and building the new path from unwavering integrity.	Trust in your new rhythm.

Week 1 — The Unraveling

Theme: Making peace with the end of the old story. The Unraveling is the nervous system recalibrating from survival to trust.

Daily Practice (15-30 mins)

- **Morning Grounding (Reiki Breath):** Sit upright, hand on heart. Inhale through the nose for four counts, exhale slowly for six. On every exhale, whisper: **"It's safe to release control."**
- **Journal Prompts:**
    - What parts of me are **exhausted** from pretending everything is fine or manageable?
    - Where am I holding on to an **identity or role** that used to feel safe but now feels suffocating?
    - What am I most afraid will happen if I **stop performing** for external approval?

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- **Evening Reflection:** Gently tap your chest and say: **"I honor the woman I've been."** Visualize her stepping *beside* you—as part of your wisdom—not behind you (where she blocks your path).

Sovereign Reframe

The unraveling is not **regression**. It is the necessary **dissolution of old structures** so the new, aligned structure can take shape.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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Week 2 — The Inner Resilience Audit

Theme: Seeing the unconscious patterns without judgment. Every transition brings up the **Shadow** (perfectionism, money fears, comparison) because these parts protected you once.

Daily Practice (15-30 mins)

- **Body Anchor (NLP):** Recall a moment of genuine, calm confidence. Notice where that feeling lives in your body (chest, belly, spine). Touch that place whenever fear or self-doubt rises. This trains your system to link **safety with visibility.**
- **Journal Prompts:**
    - What **fear** sits underneath my intense need to have it all figured out before I start?
    - Where do I still believe I must **earn love or success through excessive effort**?
    - What does my **"Good Girl"** or **"People-Pleaser"** self need to hear to relax and trust my authority?
- **Worthiness Reframe (Timeline Style):** Close your eyes. Float above your timeline and look back at the younger self who first decided, **"I must be perfect to be safe."** Tell her: **"You don't have to protect me anymore. I am leading now, and I am safe in my imperfection."** Return to the present with a deep breath.

The fear of your next level is often rooted in unhealed money wounds and worthiness beliefs. To dissolve this pattern, **Visit our self-paced course, Divine Feminine Money Healing**.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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Week 3 — The Essence Blueprint

Theme: Re-learning how to lead from essence, not effort. This is where control softens into **flow**. You stop forcing outcomes and start building from inner alignment.

Daily Practice (15-30 mins)

- **Energy Clearing:** Place both hands over your **lower belly** (your creation center). Breathe into the space three times, imagining warmth spreading. Whisper: **"I create from flow, not from fear. I am safe to receive support."**
- **Journal Prompts:**
    - What would my business or purpose look like if it came from **softness, pleasure, and intuitive flow**—not survival or scarcity?
    - Where can I **invite support** (a tool, a person, a clear boundary) instead of insisting on doing it alone?
    - What **feminine qualities** (e.g., rest, receptivity, intuition, beauty) have I suppressed to feel "professional"?
- **Creative Ritual:** Do one small act of **beauty** each day (rearrange your space, wear a favorite color, dance for five minutes). **Beauty re-awakens magnetism** faster than any mindset tool.

Sovereign Reframe

The new structure will not look like the old one. Consciously choose to let **grace replace grit** in your daily work rhythm.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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Week 4 — Integration & Emergence

Theme: Trusting your new rhythm and building from integrity. You now lead as your whole self, without hiding behind outdated roles.

Daily Practice (15-30 mins)

- **Morning Embodiment:** Stand tall. Imagine a light running up your spine—Earth energy rising into your crown. Say aloud: **"I am allowed to be seen in my wholeness and my truth."**
- **Journal Prompts:**
    - What does **easeful success** look like for me now (in body, mind, and spirit)?
    - How do I want money, clients, and creativity to **feel** in my body moving forward?
    - What three core values (e.g., Freedom, Integrity, Joy) will **anchor my next chapter**?
- **Closing Ritual:** Write a short **"vow"** to yourself beginning with: **"From this day forward, I choose to honor my essence and lead from my deepest truth."** Keep it visible for 30 days.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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Reflection and Notes Section

This space is for you to jot down any thoughts, feelings, or insights that arise during your exercises. Reflect on your progress, challenges, and any shifts in your perspective towards self-love and loving kindness.

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Integration Vow

You're not behind. You're being re-built. **Integration isn't about perfection.** It's about staying connected to your truth even when life gets noisy.

Welcome to your Initiation.

This powerful shift requires a supportive container. If you are ready to anchor this renewed identity into your entire leadership legacy, the **THRIVE Feminine Leadership Immersion** is your final step.

Apply Now for the THRIVE Feminine Leadership Immersion

Note: Only 5 spots are available per quarter.

I am holding the space for your arrival.

With love,

Fristy

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Get Your Free Gift!

Divine Feminine Wealth Activation

Your Clear Path to Reclaim Your Financial Flow and Manifest Sacred Prosperity.

This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of scarcity** that may be holding you back.
- **Deconstruct inherited and learned patterns** that have unknowingly blocked your abundance flow.
- **Discover the true essence of Divine Feminine Wealth**—it's more than just money; it's a sacred energy for impact and purpose.
- Begin to **Transform your relationship with money** through grounded practices for financial safety and energetic boundaries.
- **Uncover your unique abundance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with this "Divine Feminine Wealth Activation" workbook are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their financial flow and manifest sacred prosperity with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound abundance.

Ready to Reclaim Your Abundance?

Get Your FREE "Divine Feminine Wealth Activation" Guidebook Now!

You can get your copy HERE.

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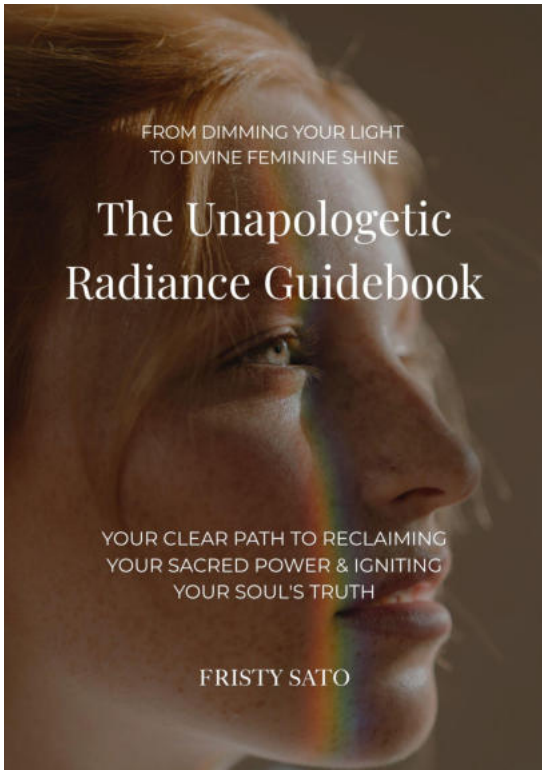
Get Your Free Gift!

The Unapologetic Radiance Guidebook

Your Clear Path to Reclaiming Your Sacred Power & Igniting Your Soul's Truth.



This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of fear and self-doubt** that may be subtly dimming your light.
- **Deconstruct inherited and learned patterns** that have unknowingly kept you playing small or seeking external validation.
- **Discover the true essence of Divine Feminine Radiance**—it's more than just being seen; it's a sacred frequency for impact and purpose.
- Begin to **Transform your relationship with visibility** through grounded practices for inner safety and energetic boundaries.
- **Uncover your unique radiance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with "The Unapologetic Radiance Guidebook" are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their authentic presence and ignite their soul's truth with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound self-expression.

Ready to Reclaim Your Radiance?

Get Your FREE "The Unapologetic Radiance Guidebook" Now!

You can get your copy HERE.

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A Note of Gratitude

This work wouldn't be possible without the wise women, spiritual teachers, and mystics who came before me. Their wisdom is what built the foundation of the **THRIVE Method**. I'm forever grateful for them.

To my own mentors, thank you for holding the space for my own journey and for always guiding me with a firm, loving hand.

Finally, to you, the reader—thank you. Thank you for being so brave and for showing up for yourself. The world is a better place because you're doing this work.

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About Fristy Sato

Fristy Sato is a Divine Feminine Leadership Activator, a guide for women who are ready to become leaders. She helps them tap into their feminine power and lead with confidence. Her work is a journey that helps women master their energy, heal from the past, and embrace who they truly are.

Fristy's goal is to help women move beyond pain and reclaim their power. She guides them toward a life of peace, prosperity, and clear purpose. She uses a kind, grounded, and empathetic approach, creating a safe and clear space for real transformation.

She helps women build unshakeable confidence that comes from within. Her programs aren't just courses; they're designed to help you remember your soul's deepest truth and give you a practical way to rise up and lead.

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Check Out My Books!

I've channeled more wisdom into these sacred offerings. These books are designed to meet you exactly where you are and guide you through the intricate layers of healing and alignment. They illuminate the next steps on your path to becoming the most authentic, radiant, and powerfully manifested version of yourself.

The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires

UNLOCK THE SECRET TO MANIFESTATION
THAT ALIGNS WITH YOUR SOUL'S PURPOSE
The
Conscious
Manifestation
Journal
This transformative journal blends manifestation techniques, subconscious healing, and structured goal-setting to help you turn your biggest dreams into reality—one aligned step at a time.
FRISTY SATO

You've tried manifestation. You've made vision boards. You've repeated affirmations. But something still feels off. This journal is your guide if you're ready to move beyond wishful thinking and into the deep, soul-aligned work of co-creation. It's for the leader ready to heal subconscious blocks, align with her soul's true mission, and manifest her biggest dreams into reality, one grounded step at a time.

Discover More and Purchase Your Copy HERE!

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What Readers Are Saying:

I've read countless books on manifestation—but nothing has felt as grounded, practical, and deeply transformational as The Conscious Manifestation Journal. Fristy Sato don't just repackage the usual "think positive" advice. Instead, they take you into the real work: healing, shadow integration, inner child connection, and actionable, aligned steps that actually move your life forward.

What makes this journal stand out is how holistic and structured it is. The project management-inspired tools helped me take vague dreams and turn them into clear, achievable goals. And the emotional healing work—especially the exercises on forgiveness, limiting beliefs, and self-sabotage—created shifts I've been trying to unlock for years.

I finally feel like I'm not trying to force the universe, but co-creating with it in a way that feels natural and true to who I really am. If you're tired of fluffy LOA advice and ready to align your desires with your soul's path—this is the journal you've been waiting for. Truly a sacred, empowering, and life-changing guide.

— Sarah., Life Coach

"Fristy's guidance has been a beacon. Her teachings on energetic sovereignty transformed my fear of visibility into a quiet confidence I never knew I possessed. I'm finally showing up in my business, unapologetically radiant."

— Evelyn., Manager

"I used to feel exhausted just thinking about my finances. After working with Fristy's methods, I feel a profound sense of ease and an almost magical flow of abundance. Her work is truly life-changing and deeply sacred."

— Erika., Healer

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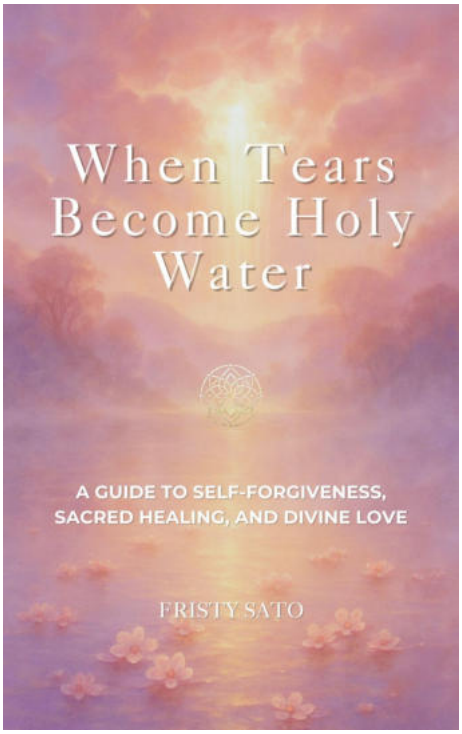
When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love



What if your tears weren't a sign of failure—but a sacred invitation back to yourself? If the journey of healing and self-compassion calls to you, this book is a profound companion. It's for the sensitive, introspective soul longing to reconnect with her inner child, release unspoken shame, and forgive herself, others, and even God. This is not a step-by-step guide to "fix" your life; it's an invitation to sit with your truth and find out it's still holy. Embrace a softer, embodied approach to healing and discover the grace that has always been holding you.

Discover More and Purchase Your Copy HERE!

What Readers Are Saying:

"As someone who has struggled with family wounds and spiritual confusion, I felt seen in every chapter. The three-act structure made it so easy to follow: forgiving God, forgiving myself, forgiving others. I've never read a book that so beautifully integrates personal story with spiritual practice. This is the book I'll be gifting to every woman I know."

— Sofia., Entrepreneur

This book found me exactly when I needed it. I didn't realize how much shame and guilt I was still carrying until I started reading When Tears Become Holy Water. Fristy's words felt

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like a hand on my heart. She doesn't just teach forgiveness—she lives it. This is more than a book. It's a healing experience. I cried, I journaled, and for the first time in years, I truly forgave myself.

— Sheena., Trauma Survivor & Meditation Student

I've read dozens of personal growth books, but none touched me like this one. Fristy writes with so much tenderness, wisdom, and depth. Her story is raw, relatable, and radiant. The mirror ritual alone changed my relationship with my inner child. If you're on a journey of healing, this book is your companion.

— Melissa R., Therapist & Energy Healer

Fristy writes with a voice that's both nurturing and powerful. She doesn't sugarcoat the healing journey, but she shows you how every tear is sacred. This book helped me forgive people I never thought I could—and most importantly, it helped me forgive myself. It's a must-read for anyone walking the path of spiritual growth and emotional freedom.

— Nina H., Spiritual Entrepreneur

I couldn't put this book down. Fristy's journey through rage, grief, and spiritual awakening is not just inspiring—it's transformative. I felt like I was sitting in a healing session just by reading. Her blend of journal reflections, meditations, and lived wisdom is unmatched. I'll be rereading this one for years to come.

— Jasmine A., Holistic Wellness Practitioner

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Your Path Forward

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Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

Receive daily inspirations, clear transmissions, and updates designed to support your journey.

Explore More Offerings & Wisdom: https://www.fristysato.my.id/

Discover the full THRIVE Method™ from free resources to high-ticket mentorships—each designed to provide a clear path to your next level of embodiment.

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BEGIN YOUR JOURNEY NOW!

For more wisdom of Divine Feminine Leaders, visit:

Fristy Sato Official Website: https://www.fristysato.my.id/

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

May your radiance shine forth with clarity and purpose. The world awaits your light.

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